



Kalyāna Consulting

Physical, Emotional & Spiritual Well Being

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Sat Kriyakala Samprapti - The Six Stages of Illness

- 1) **Sancaya** = Accumulation: transient, mild, vague symptoms - a buildup of energy in the site of residence
- 2) **Prakopa** = Aggravation of Sancaya
- 3) **Prasara** = Overflow: Dosha is so aggravated, it overflows from its normal site of residence
- 4) **Sthana Samsraya** = Dosha relocates and trails ama (toxic residue) in its wake. Kavaigunya – a vulnerable spot where residue can adhere and cause difficulties
- 5) **Vyakti** = Manifestation (dis-ease)
- 6) **Bheda** = Diversification & Complication (secondary pathologies)

It's all about the digestion!

Sites of Residence:

Kapha – Mouth opening to the first 1/3 of stomach

Pitta – lower 2/3 of stomach to small intestine

Vata – Large intestine

Agni = Digestive Fire: When digestive fire is strong the body-mind can turn poison into nectar. When digestive fire is weak, it can turn nectar into poison.

Examples: Strong digestive fire can metabolize even junk food or process the emotions of an argument with someone with little to no residual effects.

Weak digestive fire can turn even good food into toxic residue; i.e., preparing your food in anger, eating when upset or angry. Being in a toxic relationship or job, yet consuming all of the “right” foods.

Ama = Toxic Residue: byproducts of digestion when foods, beverages, and experiences are not fully metabolized. Caused by ingesting the wrong foods, at the wrong time and/or in the wrong combination.

Ojas = Subtle immunity: byproducts of digestion when the proper foods, beverages, and experiences are fully metabolized

FLUNC Foods:

Frozen – unless flash frozen. Some frozen choices can be better than fresh especially when shipped from another country and/or out of season.

Leftover – depends upon the leftover. Fresh food has more prana or life force. 2-3 days max

Unnatural – processed, packaged, many ingredients, chemicals & preservatives

Nuked – microwaved. Throw out the microwave as it ruins the nutritional value of food

Canned – BPA, chemicals, flavor, multiple ingredients & preservatives, no prana

Favor fresh, local, organic foods when possible and in season for your area!

Nutrition and Digestion – Food as Medicine

The six flavors (Taste or *Rasa*)

It is through the sense of taste that we get clues as to whether what is going into our bodies will be of value.

Remember to Eat with Awareness!
“Yum/Yuck”

Sweet (the taste of energy) ~ Grains, pasta, breads, oils, sweet fruits, starchy vegetables, fish, poultry, meat, sugar, honey, maple syrup.

Sour (the taste of acid) ~ Citrus fruits, berries, tomatoes, tart fruits, vinegar, chutneys, salad dressings, pickles, condiments, alcohol.

Salty (the taste of the ocean) ~ Table salt, fish, meat, seaweed, soy sauce, processed foods.

Pungent (spicy because of essential oils) ~ Pepper, cayenne, ginger, garlic, onions, leeks, chilies, radish, horseradish, salsa, basil, thyme, cloves.

Bitter ~ Green and yellow vegetables, green leafy vegetables.

Astringent (sensation) ~ Beans, legumes, peas, lentils, tea, cranberries, pomegranates, apples, green leafy vegetables. (more of a sensation in the mouth, draws fluid or moisture into them, sponge-like quality)

Ginger is the universal remedy; great for digestion, kindling the appetite, fighting inflammation

Some foods can fit in several categories depending upon how it is cooked.

For example: Garlic can express as 5 out of the 6 flavors; pungent when raw, sour or bitter as an aftertaste, sweet when roasted, astringent when cooked.

*All six flavors should be used every day in every meal.
Depending upon the imbalances being treated,
some foods will be decreased while others will be increased.*

Eating for Balance Creating Ama vs. Ojas

To Decrease Vata

To reduce: Emaciation, dryness, stiffness, ungroundedness

Eat more: Sweet, sour, salty

Eat less: Pungent, bitter, astringent

To Decrease Pitta

To reduce: Inflammation, heartburn, irritability, rashes
Eat more: Sweet, bitter, astringent (cooling)
Eat less: pungent, sour, salty (heating)

To Decrease Kapha

To reduce: Weight, congestion, allergies, fluid retention, sluggishness
Eat more: Pungent, bitter, astringent
Eat less: Sweet, sour, salty

- Eating a multicolored diet is an excellent way to ingest a broad spectrum of nutrients
- Deep pigments in plant foods are dense with vitamins, minerals and phytonutrients
- An assortment of colors is appealing to the eye and encourages appreciation of a meal
- Kindle the appetite (if needed), with some fresh ginger sprinkled with lemon juice
- Alleviate excess acidity by cooking with cooling herbs (cumin, coriander, fennel, fennel)
- Decrease gas & bloating by cooking with aromatic herbs (cinnamon, cardamom, bay) and chew roasted fennel seeds after a meal

Body Intelligence Techniques

- Include all 6 flavors at every meal
- Eat in a quiet, comfortable, settled environment
- Eat only when feeling hungry
- Do not eat when upset
- Always sit down to eat
- Reduce ice-cold foods and beverages
- Eat at a comfortable pace – stay conscious
- Digest previous meal before consuming the next
- Don't overeat. Leave 1/3 to 1/4 of the stomach empty
- Eat freshly prepared meals
- Sit quietly for a few minutes after a meal while focusing on the body, then take a short walk

Ama

Bad breath
Coated tongue
Dull appetite
Delicate digestion
Sluggish or irritable elimination
Generalized pain
Fatigue
Depression
Susceptibility to infections
Difficulty manifesting intentions

Ojas

Feeling rested upon awakening
Skin has a healthy glow
Tongue is pink and clear
Body feels light regardless of weight
Feeling centered throughout the day
Digestion is strong without bloating
Feel energized and enthusiastic
Mind is clear
Body has a pleasant smell
Rarely gets sick